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Your essential daily news | TUESDAY, AUGUST 30, 2016

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METRO NEWS

ILLUSTRATION BY ANDRES PLANA/METRO

'It's a clear red flag'

ENVIRONMENT

Province to increase oilsands monitoring

Alberta has promised to increase environmental monitoring of the in-situ oilsands industry following research that shows such plants can release contaminants into the land and water.

"It's a clear red flag that's something's going on and we need to look into it," said Bill Donahue of Alberta Environment's monitoring and science division.

On Monday, the University of Ottawa released a study on a small lake near Cold Lake, Alta., where there has been extensive in-situ development.

In-situ extraction doesn't leave behind large tailings ponds or vast landscape disturbances as do open-pit mines, so it's often described as more environment-

ally friendly.

But when scientists took core samples of sediment in the lake, they found potentially toxic chemicals associated with petrochemicals had grown steadily in concentration as development increased. Those levels are now 137 per cent higher than in 1985.

"It behooves us to look into the problem," Donahue said.

The two priorities are to figure out where such contamination might be a problem and how contaminants end up in the environment.

"The next step is to figure out a plan," Donahue said.

Terry Abel of the Canadian Association of Petroleum Producers said there is already significant attention on in-situ extraction.

"CAPP is very supportive of those joint efforts to make sure we're monitoring the right things, we're identifying the right science, identifying gaps, and then making responsible decisions about what we need to do next," he said. THE CANADIAN PRESS

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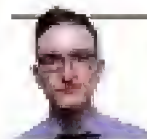
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COOKBOOK

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Kevin Maimann
Metro | Edmonton

A new cookbook will give Edmontonians the chance to bring a piece of their favourite restaurants home.

Leanne Brown and Tina Faiz compiled 75 recipes from 38 local restaurants for *Edmonton Cooks: Signature Recipes from the City's Best Chefs*. The book is available for sale at the featured restaurants and will hit stores on Sept. 13.

"We have an incredible food scene, and people are incredibly friendly and welcoming, and it's something that I'm really, really proud of," said Brown.


"I think that Edmonton has just as

good if not better a food scene than any other big city in Canada, and I'm delighted to help celebrate it." Brown, who authored the popular *Good and Cheap* cookbook for people with tight budgets, now lives in New York.

She paired up with Faiz to get the latest knowledge on the ground in Edmonton, and the pair worked together for a year and a half to narrow down and perfect the list.

The book covers a wide, culturally diverse range of food.

For Brown, the recipe for the Sugar Bowl's cinnamon buns was an especially sweet score.



"They hold such a place of nostalgia in my heart. It was something I ate throughout university and even younger, and I try to go and get one every time I'm in Edmonton," she said.

“Now to have that recipe and be able to make it in New York, when I’m having moments of homesickness and it makes me feel better.”

Edmonton Cooks is available for pre-order through Amazon.



Authors Leanne Brown and Tina Faiz wanted to show off the city's food scene. SUPPLIED



Among the local chefs and restaurateurs contributing to the cookbook are, clockwise from top left: Langanos Skies chef Amsale Sumamo, NongBu chef and owner John Ahn, Zaika Indian Bistro owner Joti Dhanju, and Sugar Bowl owner Abel Shiferaw. CONTRIBUTED

CANADA POST

Union in job action limbo

The back-and-forth between Canada Post and its union continued Monday after a threat of job action was delayed.

"It's kind of a waiting game," said Edmonton's Canadian Union of Postal Workers (CUPW) president Larry Dionne.

The union served a 72-hour strike notice Thursday night, accusing Canada Post of refusing to bargain in good faith. It was set to start having its members refuse to work overtime on a rotating basis by province, starting in Alberta and the Northwest Territories on Monday.

A mediator asked the union to hold off on the action for 24 hours, and late Sunday night CUPW issued a statement indicating it had agreed to do so.

Some fear a full-blown strike, but Dionne said he does not see the conflict escalating to that point.

"What we're hoping for is Canada Post to say the contract is going to stay in effect, we're not going to lock you out, and we're going to actually work with the mediator to try to come to a collective agreement," he said.

Downtown Business Association executive director Jim Taylor said that while small Edmonton businesses don't rely on Canada Post as much as they did 10 years ago, any mail disruption will still create challenges.

"When times are kind of tough anyway, it's always bad when you add another factor to it," he said.

KEVIN MAIMANN/METRO

LEADERSHIP RIDE

Unite the right hurts PCs, so Kenney not fit to lead: Rival

A potential candidate for the leadership of Alberta's Progressive Conservatives says rules adopted by the party should end the bid by Calgary MP Jason Kenney to merge the province's two right-of-centre parties.

Sandra Iansen noted the rules

released by the PC board of directors on the weekend forbid any leadership candidate from taking actions that would harm the party.

"If his goal is to collapse the PC party, then it would appear that he doesn't fit the criteria

for running for leader," Jansen said Monday.

But she added she'll leave it to the PC party executive to deal with the question when the leadership race formally begins Oct. 1.

"That's not my call to make.

I respect the board's autonomy in making decisions about who can and cannot run and we'll leave it to them," said the Tory member of the legislature for Calgary North West.

Kenney has yet to respond to the leadership race rules.

The board voted to include a clause from the 2014 campaign that said candidates must "avoid causing harm or disrepute to the (Progressive Conservative Association of Alberta) and its brand through any detrimental action or conduct." THE CANADIAN PRESS



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Rogers Place open house draws crowds

ENTERTAINMENT

Site sees 22,000 tickets booked in two hours



Ryan Tumilty
Metro | Edmonton

Edmontonians really want to get into Rogers Place.

Free tickets for the Sept. 10

open house were made available online Monday, and in the first two hours, 22,000 were given away.

Speaking just after the site went live, Rick Daviss, the city's executive director of the arena project, said he expected there would be a lot of interest. "Everybody is really excited right now. They have seen what it looks like on the outside, they want to see what it looks like on the inside,"

he said.

Daviss said the building is on track to be handed over this week.

Susan Darrington, the building's general manager, said the Oilers organization is excited to finally be able to show the building to the public. "We can't wait to get some fans into the building," she said.

The building's concourses and the Wintergarden, now named Ford Hall, will be open

to the public for the tour, but not the seats.

Darrington they wanted to give people the chance to see the building, but keeping people in the concourse will be easier for crowd management.

She said the event is a great first test for the building.

"You have to get the staff ready to welcome fans and this is a good opportunity," she said.



Construction of the arena is virtually complete. RYAN TUMILTY/METRO




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Trevor Sauer

We've all heard the cancer stories, read the stats, and most likely have experienced the impact of cancer up close and personal or with someone we love. In fact, if there's one thing Albertans can agree on, it's that no one wants to hear the words, "you have cancer." Mary Beth Eckersley has heard it twice. More than 30 years after surviving a cervical cancer diagnosis, she was diagnosed with an aggressive type of breast cancer. "If I had this cancer back when I was diagnosed with cervical cancer, I wouldn't be here celebrating life," says Mary Beth. "I am so grateful to the Alberta Cancer Foundation and the Tom Baker Cancer Centre for every moment I have to continue being a proud advocate for cancer research here in Alberta."

Trevor was treated at Edmonton's Cross Cancer Institute

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CITY COUNCIL

Dog park sent back for further review

City councillors voted against increasing license fees to help pay for a new dog park fence, but the issue may not play dead forever.

The Grand Trunk off-leash park that the city has been planning for more than a year will now go back for more planning, as the city looks at ways to include at least a partial fence.

City administration had envisioned a barrier largely using trees and shrubs to separate the off-leash area from 129 Avenue, while many dog owners wanted a fence.

Coun. Bev Esslinger said the city can likely find a happy medium and proposed a motion to study a combination of shrubs and a fence.

"The dog park people just wanted to have a fence now, but we really need to do the engagement with people,"

she said.

Esslinger's motion passed after two proposals to increase dog license fees to pay for the fence were both voted down. She said the city may look at an issue like that, but the Grand Trunk Park is a pilot project and it's too soon to say if that's the right approach.

Ken Zahara, who is leading the community group pushing for the fence, said the licensing fees would be an ideal solution to the issue.

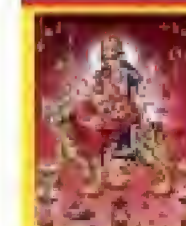
"This way it is the dog owners paying for it and not the taxpayers," he said.

He said it's clear that having an off-leash dog park next to a major road is not reasonable if there isn't a fence in place.

"The city has a responsibility to fix this issue."

RYAN TUMILTY/METRO

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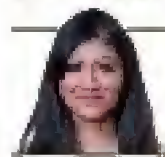
SPC



Library gains experience

EDUCATION

Cultural impact of video games subject of new program



Sanam Islam
For Metro | Edmonton

Not only can video game fans play their favourite games at the library, now they can actually take an academic course on the subject.

Launched last Thursday in collaboration with the University of Alberta, the free 10-week online program — called “Understanding Video Games” — features a series of video lectures about the impact of video games.

“We know how popular video games are in the library ... so we’re excited to offer Edmontonians a unique opportunity to learn about current research around a relevant, meaningful topic,” said Leanne Drury Melsness, manager of adult programming at the Edmonton Public Library.



U of A professor Sean Gouglas, right, plays a video game with a student, David Holmes. Gouglas' adapted course on video gaming is being offered through the Edmonton Public Library. CONTRIBUTED

The course, which has been taught at the University of Alberta for a few years, was re-worked for EPL's teen and adult audience. So far, 100 people have signed up, said Drury Melsness.

“We’re participating in the single most important cultural medium on the planet — more

important than movies and music in my opinion,” said Sean Gouglas, the U of A humanities computing professor who created the course.

“Games are produced by people who are part of Canadian and North American culture, so they reflect different parts of that

culture. You need to understand them in order to understand how they’re affecting us,” he said.

And they have an impact on almost everyone, he said, pointing out that the average age of a gamer is 35, and about 45 per cent of all gamers are women.

While there’s a perception

“**You need to understand them in order to understand how they’re affecting us.**”

Sean Gouglas

that video games are all about shooting people, Gouglas said in reality there is a large variety out there, and many have positive effects.

“You’re seeing a lot of games that are making artistic statements, a lot that are coming with a social message. A lot of them are helping people with disabilities.... Games are providing people with a new way of engaging and interacting with the world around them,” Gouglas said.

“That’s why I think people should play them.”

That being said, Gouglas said he recognizes certain games include negative aspects — such as racism, sexism, misogyny and violence — and these issues are also explored in the course.

IN BRIEF

Water restrictions in Edmonton lifted

As of Monday morning EPCOR is no longer asking Edmontonians to limit non-essential uses of water.

Last week heavy rain in the areas that feed the North Saskatchewan caused an increase in water debris, but things are almost back to normal.

“Thank you to everyone who helped conserve water,” said Craig Bonneville, EPCOR director of water treatment plants. METRO

Part of police fleet recalled

About 19 Edmonton police vehicles have been caught up in a massive recall by Ford.

The automaker is recalling thousands of its Interceptor police vehicles, because of a fuel pump issue that can cause the vehicles to stall out.

Police spokesperson Anna Batchelor said the recall shouldn’t have a big impact, because EPS has roughly 300 vehicles. She said they are working out details of how to repair the recalled vehicles. METRO

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PETS

Winnipeg's Trump bunny needs a home ... and a haircut



Stephanie Taylor
Metro | Winnipeg

The Winnipeg Humane Society is hoping to make one bunny's life great again.

Donald Trump is a fluffy blond rabbit turned over to the humane society's care at the beginning of the month, and as of Monday, he's available for adoption.

Just one look at him and it's easy to see why staff named the critter after the real estate mogul turned reality TV star turned controversial presidential nominee.

"It was the hair on him, really," communications director Kyle Jahns said Monday. "He just had a wackier ... wild hairdo, which could have been moulded in a similar Donald Trump fashion."

Jahns said the rabbit is sweet, even a bit shy, at first meeting.

"I don't think he's anything like the guy that's he's named after," he said.

Bestowing animals with imaginative names is one way



The Winnipeg Humane Society is trying to find a home for a long-haired rabbit named after Donald Trump. CONTRIBUTED

staff try to catch the attention of potential pet owners.

"Especially with a rabbit like this, there are a lot of eyes on the election at this point, so we're hoping that he'll be able to find a home sooner rather than later," Jahns explained.

Like most rabbits, he said Donald enjoys munching on veggies and drinking water.

"He was a little skittish when I had met him for the

first time, but that's like any rabbit," he said.

"Once you earn his trust and get to learn a little bit about him, he becomes a little more cuddly and much more trusting."

But could the same be said about the Republican candidate south of the border?

"I'm not going to be the one to comment on that, I'm afraid," Jahns said with a laugh.



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† March of Dimes Canada will provide tablets (iPads) to 5-10 people with disabilities in The Greater Edmonton Area. The goal is to assist people to increase their independence and quality of life, enhance their ability to interact or communicate with others in the community or control electronic devices in their home. Successful Applicants will receive a smart tablet that will include appropriate apps to meet their needs as specified on their application. March of Dimes Canada (MDDC) is not responsible for issues resulting from ineligibility or in the event that there is insufficient funding to cover all aspects of any selected Applicant's request. MDDC will require proof of eligibility. To see the Eligibility Criteria and application forms, please visit our website for more details: www.marchofdimes.ca/AMTI or call us at 1-855-660-6632



A demonstrator is arrested after disrupting a public hearing into the Energy East pipeline project on Monday. THE CANADIAN PRESS

Hearings cancelled following protests

PIPELINE

Three rowdy protesters are facing charges

Protesters forced the cancellation on Monday of the first day of hearings in Montreal into TransCanada's Energy East Pipeline project with police making three arrests.

A spokesperson for the National Energy Board (NEB), the federal regulatory body reviewing the project, could not confirm as of Monday afternoon if Day 2 of the hearings would go ahead as planned Tuesday.

One man charged at the three NEB commissioners seated at the front of the room minutes before the hearings were set to begin but was grabbed by security officers.

"TransCanada will not pass,"

he screamed as police dragged him away from the downtown conference room.

A 44-year-old man and 29-year-old woman were charged with obstruction and released, while a 35-year-old man was charged with obstruction and assaulting a police officer and remained detained as of Monday afternoon.

Police originally said the 44-year-old was also charged with assault.

Montreal Mayor Denis Coderre, along with the mayor of nearby Laval and other municipal representatives, walked out of the hearings not long after the demonstrators charged in.

Coderre was the first person scheduled to give testimony Monday but chose instead to leave, calling the protests a "masquerade."

He and many provincial politicians and First Nations

groups oppose TransCanada's project to transport crude oil from Alberta to New Brunswick.

"There are too many problems we are witnessing to accept the project," Coderre told reporters after he decided to leave the hearings.

"We're saying the project (TransCanada) presented is wrong, it's bad and we don't have the answers. And frankly one of the main issues is contingency plans, everything regarding safety."

Coderre asked last week for the hearings to be suspended after media reports revealed that two of the three NEB commissioners overseeing the review process met former Quebec premier Jean Charest, who was at the time a lobbyist for TransCanada.

He said he wasn't calling for the commissioners to resign, but that there was a perception of bias. THE CANADIAN PRESS

BANGLADESH

Detained student may be closer to freedom, lawyer says

Tahmid Khan has been detained in Bangladesh for nearly 60 days, but a lawyer working with his family hopes the killing of an alleged Canadian terrorist in that country could bring the University of Toronto student one step closer to release.

Police in Bangladesh killed three suspected militants in a raid Saturday near Dhaka, the country's capital. Among those reportedly shot dead

was Tamim Chowdhury, a Canadian-Bangladeshi citizen with suspected ties to Daesh.

Chowdhury was accused of plotting the hostage attack on the Holey Artisan Bakery café, which killed 20 people in early July.

Khan, 22, was one of two hostages from the attack who has been held in custody since July 2.

Marlys Edwardh, a lawyer working for Khan's family, said

there's no evidence to suggest any connection between Khan and Chowdhury, and points out that Khan has not been charged with any crime. Edwardh said she hopes Chowdhury's killing can rule out any link between Khan and terrorist groups.

Khan's most recent court appearance in Dhaka was on Sunday, when he was remanded in custody for another 21 days, Edwardh said.

TORSTAR NEWS SERVICE



Migrants jump into the water from a crowded wooden boat as they are helped by members of an NGO. THE ASSOCIATED PRESS

Migrants saved at sea

LIBYA

NGOs rescue 3,000 people trying to cross Mediterranean

Italian naval ships and vessels from non-government groups rescued thousands of migrants off the Libyan coast on Monday, the latest surge in desperate attempts to flee to Europe driven by war, poverty, and human traffickers.

The dramatic operation took place just 21 kilometres north of the town of Sabratha in Libya. Groups such as Proactiva Open Arms and Doctors Without Borders helped take on some 3,000 people who had been travelling in some 20 small wooden boats.

In images and video by The Associated Press, migrants from Eritrea and Somalia cheered as the rescue boats arrived, with some jumping

into the water and swimming toward them while others carefully carried babies onto the rescue ships.

Tens of thousands of Africans take the dangerous Mediterranean Sea route as a gateway to a better life in Europe, alongside those fleeing wars from Syria to Afghanistan.

Libya's chaos and lack of border controls have turned it into a migrant transit route.

In June, the European Union expanded its anti-smuggling operation in the central Mediterranean to include training Libyan coastal and naval forces, which are intercepting boats and returning migrants to Libya, where some are being held in abusive conditions.

Rights groups and experts estimate that there are about 3,500 migrants held in roughly 20 official detention facilities across Libya. Others are held in informal detention centres controlled by criminal gangs or armed groups.

THE ASSOCIATED PRESS

IN BRIEF

Clinton aide Abedin dumps Weiner over new scandal

Hillary Clinton aide Huma Abedin is done playing the good wife to Anthony Weiner, announcing Monday

she is leaving the serially sexting ex-congressman after he was accused of sending raunchy photos and messages to yet another woman. THE ASSOCIATED PRESS

VATICAN CITY

Mark Zuckerberg and Pope Francis meet IRL

Pope Francis has met with Facebook founder and CEO Mark Zuckerberg and Zuckerberg's wife, Priscilla Chan, at the Vatican.

Vatican spokesman Greg Burke says one topic of discussion at Monday's meeting was "how to use communication technologies to alleviate poverty, encourage a culture of encounter, and make a message of hope arrive, especially to those most in need."

The atmosphere appeared

informal, with the chat taking place in the Santa Marta residence, the guest house in Vatican City where the pope lives.

THE ASSOCIATED PRESS

+ DRESSED UP

Zuckerberg wore a dark suit and tie for the occasion while Chan wore a black, knee-length dress.



Pope Francis shakes hands with Facebook founder and CEO Mark Zuckerberg Monday at the Vatican. HANDOUT/AFP/GETTY IMAGES

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ROSEMARY WESTWOOD in Vancouver

The B.C. Liberals' new climate change policy is a futile attempt to balance what's desperately needed with what's politically expedient — and it provides a perfect example of a society frozen in inaction

Rosemary is in Vancouver all week, reporting on the major issues facing the city. Today: The environment.

Even those who don't often dream will likely have had this one: You are alone, and in danger. Some evil is about to fall, but you can't move or even scream. The doom approaches, and you're stunned, useless.

This, broadly, feels like our collective response to climate change.

Certainly, this is the moment of impending catastrophe. In just the last few weeks, one scientist predicted that "next year or the year after, the Arctic will be free of ice"; Rolling Stone magazine warned we've reached "the point of no return," that sea levels could rise 10 times faster than predicted, and suggested "historians may look to 2015 as the year when shit really started hitting the fan;" the small village of Newtok, Alaska, has voted to relocate as rising waters erode the town's land; global coffee production is estimated to be halved by rising temperatures; and a New York Times map of projected temperatures across the U.S. showed 100-degree-Fahrenheit days soaking the continent by 2100, like some deadly red dye.

Tossed into this whirlpool of bad news is the B.C. Liberals' much-anticipated climate change policy, providing a perfect example of a society frozen in inaction.

Released last week, it's a document written for gentler a time — or a time when we had time on our side. Tom-

If we all took climate change as seriously as we should, high carbon taxes would be politically expedient

Pierre Frappé-Sénécléuze, a senior advisor at the Pembina Institute, described it as "disappointing," but another equally apt word would be "useless." Premier Christy Clark is seeking to balance something desperately needed — the curbing of greenhouse

newable energy technology to drive economic growth.

Pitting climate change against the "economy" is a false dichotomy, he said, arguing green energy "is a trillion-dollar market, globally." While the policy requires that the liquefied natural gas industry

would be politically expedient.

It's not that we don't care about irreversible changes to the world that could wreak havoc on the food supply, force mass migration that would make the situation in Europe seem manageable, upend global trade and slap a



B.C. Premier Christy Clark, back left, and B.C. Environment Minister Mary Polak plug in an electric vehicle before announcing the province's climate action plan in Richmond, B.C., on Aug. 19. DARRYL DYCK/HE CANADIAN PRESS

gas emissions — with something politically expedient — the protection of gas prices at the pump, as well as "jobs" and the "economy."

The carbon tax will remain frozen, instead of increasing by \$10 per tonne a year, as the province's Climate Leadership Team recommended. Since the province is already off track in meeting 2020 emissions targets set in 2007, the new plan aims to keep a promise to reduce emissions by 80 per cent from the 2007 level by 2050, suggesting accountability is really only important a few decades from now.

The policy makes a few weak gestures to the future, said Frappé-Sénécléuze (like increased tree planting and electrical car charging stations), while missing two key opportunities: increasing the carbon tax and investing in re-

duce leaked emission and methane by 45 per cent by 2025. Frappé-Sénécléuze sees those as efforts to prop up an existing resource industry at the expense of developing new energy sources.

"Everybody right now is given a free cheque to pollute," Frappé-Sénécléuze said, and that "has a real effect and a huge cost to our children."

But not, necessarily, to us. And certainly not to the premier's political career. Whatever haunts Clark's dreams, it's clearly not climate change. It should be obvious to us all that an insufficient amount of fear around environmental changes will be disastrous. But the B.C. Liberals aren't alone in their blasé response.

If we all took climate change as seriously as we should, high carbon taxes and big investments in renewables

foreclosure sign across Whistler Blackcomb. It's that we can't quite seem to care more about them than we do our current conveniences.

There are undoubtedly some people for whom a gas hike would be a genuine economic hardship (and the premier's own Climate Leadership Team suggested ways to mitigate that impact), but the truth is most of us could manage to pay more.

If we don't want to, than that's just our petty preferences. And if we continue to prioritize the status quo — out of sheer laziness, let's face it — then politicians will continue to offer limp policies, and we'll all get the apocalyptic future we deserve.

Tomorrow: What it takes to rent a place in Canada's most competitive market.



It's not easy being green, so let's stop trying

URBAN PARADIS

Danielle Paradis



For those of you who spent the weekend carefully cutting your lawn and dealing with the scourge of mushrooms affecting your yard due to our rainy summer, the idea of a low-maintenance lawn may sound appealing.

Is it time to look beyond the green patch on the front yard? We're more aware than ever of the importance of biodiversity and the effect humans have on animals and plant life. Climate change experts predict more droughts and extreme weather variations than ever before.

Edmonton is a unique city, and our civic pride can be demonstrated by a return to the types of vegetation found on our beloved Prairies.

The lawn as we know it today began in England, where a prominent feature was a lovely, impeccable stretch of green grass. In a way, it signified status. The wealthy did not need to grow their own food for survival, so they could afford large swaths of land and grazing animals.

Eventually, colonists took the grasses with them into the new world, and with the migration of Canadians into suburbia after the Second World War the idea of the green tranquil lawn became a fixture.

In addition to being pastoral, lawns are political. Most homeowners are subject to community standards, including length and weed control. But that carefully manicured plot, managed by pesticides, herbicides and watering schedules may be on its way out.

And thank goodness, because it's all beginning to seem antiquated.

I can think of more than

one friendly-neighbour relationship that has been spoiled over lawn standards — not to mention the enormous waste of energy and water that goes into keeping this artificial ecosystem running.

There are alternatives, such as a lawn painting service in California that uses a non-toxic chemical to turn brown grass green. But, all over Canada and the U.S., municipalities are exploring going au natural.

Coun. Michael Walters, Ward 10, asked city staff to look into the benefits of native plants and the answers came back in a report last week: they reduce storm water runoff, decrease the need for pesticide and fertilizer, and supports local wildlife.

Edmonton already has some initiatives that encourage naturalization, including a program that plants native vegetation throughout the city, as well as policies found in council's strategic plan, The Way We Green.

There are so many good reasons to go natural.

To convince homeowners, the most obvious path would be providing grants and subsidized plants. The native-plant report recommends garden signs for homeowners, similar to the City's Front Yards in Bloom program, to allow the suburbanists to brag about how natural they are.

I hope that we'll think beyond the suburbs. While downtown dwellers may not have a lot of lawn space, outreach to condo boards, and community foundations can help to end the green lawn supremacy.

Danielle Paradis loves Edmonton, politics and flowcharts. She tweets @DaniParadis

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Want to look buff? Erick Fleishman says there are three important keys to physical transformation: exercise, diet and sleep. And sleep is the most important. TORSTAR NEWS SERVICE

How to get Hollywood muscle

INTERVIEW

Trainer shares what's needed to get as buff as your screen idol

A short drive from Warner Bros. and Universal Studios in California, you'll find Erick Fleishman.

Herculean in size, he looks like an extra in Game of Thrones — but he just trains them. He's also worked with much of the cast of AMC's The Walking Dead. Now he's released a how-to manual and mobile app package called Hollywood Muscle.

Fleishman stopped in Toronto for the Canfitpro World Fitness Expo, how to go from weakling to warrior.

This interview has been condensed for clarity and brevity.

What's the key to physical transformation?

Three things: exercise, diet and sleep. Of the three, the most important is sleep. You'll hear many fitness professionals tell you that it's 90 per cent diet but they're not telling you the truth. But the magical element in the science of change that causes the physical transformation is sleep.

When it comes to physical

transition, the hours before midnight are worth nearly twice as much as the hours after midnight. The version of you that goes to bed at 10 p.m. and wakes up at 6 a.m. is actually better looking and changes more than the version of you that goes to bed at midnight and wakes up at 8 a.m.

Let's talk nutrition for different body types.

When it comes to men, there are basically three options that I give all actors.

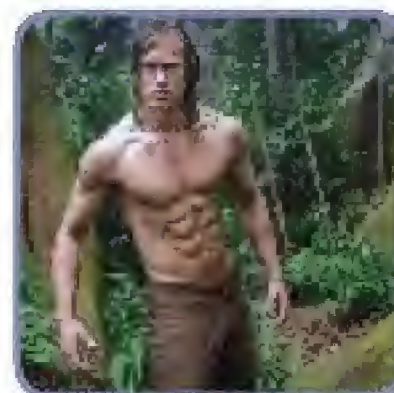
Option No. 1: I could turn him into what I call a "sleek ninja." I could take a normal-looking man and make him



I can make a normal guy look like Tarzan

Erick Fleishman

smaller, tighter, sinewy, very much like Bruce Lee. If your readers want to look like a sleek ninja, I would put them on a strict diet of egg whites, tuna, salmon, green salad. It would be a very lean diet with protein sources that encourage



the body to be small but sleek.

Option No. 2: "Lord of the jungle." I can make a normal guy look like Tarzan. Tarzan has broad shoulders, a small waist, increased pectorals that are high and flat on his torso, like two dinner plates. If they

want to look more like Tarzan, I would add in some whole eggs to that diet, some chicken and occasional steak and some turkey.

Option No. 3: "The Incredible Hulk." This guy is massive, covered in muscle. The type of person you see walking down the street and you cross the road because you don't want to be near the person. I can give him excess physical relevance.

If they want to look like the Incredible Hulk: whole eggs, cottage cheese, steak, beef in general — those things would encourage size.

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Wilder blessed films with magic

OBITUARY

Mel Brooks mourns passing of collaborator and friend

Gene Wilder, the frizzy-haired actor who brought his deft comedic touch to such unforgettable roles as the neurotic accountant in *The Producers* and the deranged animator of Young Frankenstein, has died. He was 83.

Wilder's nephew said Monday that the actor and writer died late Sunday at his home in Stamford, Connecticut, from complications from Alzheimer's disease.

Jordan Walker-Pearlman said in a statement that Wilder was diagnosed with the disease three years ago, but kept the condition private so as not to disappoint fans. "He simply couldn't bear the idea of one less smile in the world," Walker-Pearlman said.

Wilder started his acting career on the stage, but millions knew him from his work in the movies, especially his collaborations with Mel Brooks on *The Producers*, *Blazing Saddles* and *Young Frankenstein*. The last film — with Wilder playing a California-born descendant of the mad scientist, insisting that his name is pronounced "Frah-nken-SHTEEN" — was co-written by Brooks and Wilder.

"One of the truly great talents of our time," Mel Brooks tweeted. "He blessed every film we did with his magic & he blessed me with his friendship."

With his unkempt hair and big, buggy eyes, Wilder was a master at playing panicked characters caught up in schemes that only a madman such as Brooks could devise.

But he also knew how to keep it cool as the boozy gunslinger in *Blazing Saddles* or the charming candy man in the children's favourite *Willy Wonka & the Chocolate Factory*. His craziest role: the therapist having an affair with a sheep in *Woody*



Gene Wilder died late Sunday from complications from Alzheimer's disease. TORSTAR ARCHIVE



Gene Wilder was known for his roles in *Willy Wonka & the Chocolate Factory* and *Young Frankenstein*. TORSTAR ARCHIVE



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Allen's *Everything You Wanted to Know About Sex*.

In 1982, while making the generally forgettable *Hanky Panky*, he fell in love with co-star Gilda Radner. They were married in 1984, and co-starred in two Wilder-penned films: *The Lady in Red* and *Haunted Honeymoon*.

After Radner died of ovarian cancer in 1989, Wilder spent much of his time after promoting cancer research. He opened a support facility for cancer patients called Gilda's Place.

In 1991, he testified before Congress about the need for increased testing for cancer. Wilder is survived by his wife, Karen, whom he married in 1991.

In 1968, Wilder received an Oscar nomination for his work in Brooks' *The Producers*. He played the introverted Leo Bloom, an accountant who discovers the liberating joys of greed and corruption as he and Max Bialystock (Zero Mostel) conceive a Broadway flop titled *Springtime for Hitler* and plan to flee with the money raised for the show's production. Matthew Broderick played Wilder's role in the 2001 Broadway stage revival of the show. Though they collaborated on film, Wilder and Brooks met through the theatre. Wilder was in a play with Brooks' then-future wife, Anne Bancroft, who introduced the pair backstage in 1963.

THE ASSOCIATED PRESS



JOHANNA SCHNELLER WHAT I'M WATCHING

Misogyny isn't funny, it's just plain ugly

THE SHOW: *The Do-Over* (Netflix)
THE MOMENT: The misogyny

Former pals Max (Adam Sandler) and Charlie (David Spade) are reconnecting on Max's yacht, dreaming of ditching their unhappy lives and starting fresh. (Which they do, but their new identities get them in trouble.)

Max pulls up beside a sailboat populated by women in bikinis.

He mimes, "Take off your top." Two do. They mime, "Pull down your pants." Charlie does.

One woman laughs, the other boos. Max pulls out a flare gun and shoots it at them. They fall into the water. The men laugh and drive away. Later, the men tell Heather (Paula Patton) that her husband is dead. "You gonna make a move on that," Max whispers to Charlie, "or am I?"

"Her husband just died," Charlie says.

"Then she needs a nice d— to cry on," Max replies.

These are but two examples of the scorn with which this made-for-Netflix movie treats women. Every female here is evil, crazy or both, and the men denigrate them relentlessly, including the ones they have sex with. "I hope you didn't catch any sores from

her filthy vagina." Max's mom says about Charlie's (evil, crazy) wife. I know that comedy can be fueled by anger, and that everyone is fair game. But the anger here isn't filtered into humour; it's just ugly.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



The Netflix movie *The Do-Over* is filled with angry misogyny, writes Johanna Schneller. CONTRIBUTED

Wayne Rooney will remain England captain but will be used as a deep-lying forward instead of a midfielder under new manager Sam Allardyce

Small markets big on analytics

NHL

Old hockey guard has been slow to take to spreadsheets

Remember the summer of analytics?

NHL teams tripping over themselves to hire the best and the brightest and hockey-based data analysts were going to turn spreadsheets into knowledge and deliver that extra edge.

It felt as if it was going to be revolution.

Two years later — outside of growing comfort with terms like “puck possession” and “zone entries” — the sport neither looks nor feels revolutionized.

To some, high-profile oustings of analytics professionals through the summer signalled a counter-revolution by the old guard. But to its backers, the days of MoneyPuck are only beginning, with small-market teams such as the Florida Panthers leading the way.

“It’s inevitable that analytics will be as big a part of hockey as it is in other sports,” said author Rob Vollman, an analytics

pioneer. “The use of analytics is inevitable. Certain teams will get an early lead. Certain teams are already getting an early lead. It’s only a matter of time before all teams have to play catch-up.”

There have been some notable hiccups for the pro-analytics camp, battles seemingly lost this summer that have slowed the pace of change.



It costs a great deal less to hire a statistician than it does to hire a hockey scout.

Analytics backer Rob Vollman

• Tyler Dellow, one of the original analytics boosters, was let go in Edmonton.

• Matt Pfeffer sent packing in Montreal, apparently for disagreeing loudly about the Shea Weber-for-P.K. Subban deal.

“The Ottawa Senators felt that getting a karate instructor was a good investment, to get an edge,” Vollman said. “If they think there’s an edge to analytics, they haven’t been public about it.”

“Old-market Canadian teams have a traditional way of doing things. Whereas new market teams, like Florida and Nashville, are a little bit more open minded, not grounded in traditional thinking, but applying what we’ve learned from other sports and other businesses into hockey.”

In Toronto, where the analytics community is loudest, there was downright concern that the organization was ignoring its analytics department in favour of an “old-school” approach with the signings of enforcer-type Matt Martin and rough-and-tumble defenceman Roman Polak.

Not true, says Leafs GM Lou Lamoriello.

“I’m a total supporter,” Lamoriello said. “It’s a measuring tool that gives you an awareness that sometimes supports what you’re thinking, or allows you to think differently. It’s a tool that is valuable to decisions that are made.”

Largely, it’s the NHL’s smaller markets — some with smaller budgets — where analytics is making its biggest inroads.

• Arizona hired John Chayka, the league’s youngest general manager, who cut his hockey/analytics teeth creating the analytics business Stathletes.



Though loaded at centre, the Florida Panthers traded for Jared McCann, left, over the summer, convinced the 20-year-old is a can’t-miss talent. BRUCE BENNETT/GETTY IMAGES

• Carolina and Washington hired analysts recently.

• Nashville — while not having announced any analytics-based hirings — is certainly making analytics-based moves

• Florida bumped Dale Tallon — perhaps the league’s best judge of young talent — to

make room for Tom Rowe and his stats-based assistants GMs Eric Joyce and Steve Werier.

The shift seems owner-driven, rather being driven by hockey’s front offices.

One theory: it’s cost-effective.

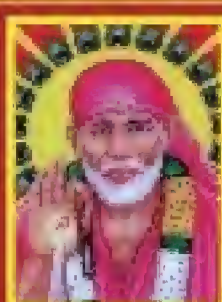
“It costs a great deal less

to hire a statistician than it does to hire a hockey scout,” Vollman said. “Statisticians are paid next to nothing, and there’s no travel budget, no overhead. It’s extremely affordable to hire one statistician, or five statisticians, as opposed to one scout.” TORSTAR NEWS SERVICE

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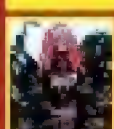
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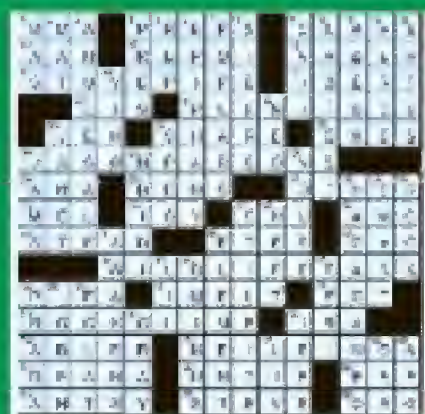
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7	4	9	2	8	5	9	6	1
2	9	6	4	1	7	8	3	5
5	8	7	9	6	2	1	4	3
4	6	2	7	3	1	5	9	8
9	3	1	5	4	8	2	7	6
8	7	4	6	5	9	3	1	2
3	2	5	1	7	4	6	8	9
6	1	9	8	2	3	4	5	7

14

metroSPORTS

Blue Jays win 1st battle of the birds

MLB

Toronto holds firm atop AL East with win in Baltimore

Josh Donaldson hit his fourth homer in two days and Jose Bautista also went deep in support of Marco Estrada, leading the Toronto Blue Jays over the Baltimore Orioles 5-1 on Monday night.

Toronto leads third-place Baltimore by four games in the AL East. The Orioles have lost four out of five and are clinging to the second wild card. The Jays lead the second-place Red Sox by 2.5 games after Boston's 9-4 win over Tampa on Monday.

Donaldson hit a solo homer in the fourth to tie it 1-1. The AL MVP had three homers in a 9-6 win over Minnesota on Sunday.

Estrada (8-6) allowed one run and four hits with four strikeouts over seven-plus innings. The Blue Jays have won three of his four starts against the Orioles this year.

J.J. Hardy provided Baltimore's only run with his eighth homer in the third.

Baltimore left-hander Wade Miley (8-11) allowed three runs and five hits while tying a season high with nine strikeouts over seven innings. He has lost three of six starts since being acquired from Seattle on July 31.

Miley retired the first 10 batters before allowing Donaldson's 34th home run. Troy Tulowitzki gave the Blue Jay a 2-1 lead later that inning with an RBI single.

Bautista provided a two-run cushion when he led off the sixth with his 16th homer.

The Blue Jays added two



Jose Bautista celebrates with Josh Donaldson after hitting his 16th homer of the season on Monday. GREG FIUME/GETTY IMAGES

MONDAY In Baltimore

5	1
BLUE JAYS	ORIOLES

more runs in the ninth on an RBI single by Justin Smoak and a fielder's choice by Devon Travis off Tommy Hunter.

THE ASSOCIATED PRESS

+ HAPPY RETURN

Catcher Dioner Navarro reported to the Blue Jays on Monday, three days after the club re-acquired him from the Chicago White Sox for lefty Colton Turner. Navarro joined Toronto in 2014 before signing with the White Sox in December.

IN BRIEF

Siemian gets Broncos job

From afterthought to starter, Trevor Siemian is Peyton Manning's successor.

Coach Gary Kubiak told the team Monday that Siemian will be the starting quarterback when the Denver Broncos face Carolina in the season opener Sept. 8.

Siemian will become the only quarterback with zero passing attempts to take over a defending Super Bowl champion in Week 1.

THE ASSOCIATED PRESS

U.S. OPEN

Raonic powers past 1st-round opponent

Canadian tennis star Milos Raonic advanced to the second round of the U.S. Open with a straight-sets win over Germany's Dustin Brown on Monday.

The fifth-seeded Raonic, of Thornhill, fired 15 aces to Brown's two and totalled 41 winners en route to the 7-5, 6-3, 6-4 victory.

The U.S. Open is the only major at which Raonic, a finalist at this year's Wimbledon, has yet to make at least the quarter-finals.

Earlier Monday, Vancouver's



Milos Raonic
GETTY IMAGES

Vasek Pospisil earned his first Grand Slam victory of the year, downing Slovakia's Jozef Kovalik in straight sets, 6-1, 6-3, 6-3.

Pospisil reached the bronze-medal match in men's doubles at the Rio Olympics with Toronto's Daniel Nestor.

THE CANADIAN PRESS

RECIPE Slow Cooker Beef Chili



PHOTO: MAYA VISNIVE

Ceri Marsh & Laura Keogh
For Metro Canada

You won't believe such complex flavours come out of such little effort. Thank your slow cooker for doing all the work for you, alright?

Ready in 8 hours, 20 minutes

Prep time: 10 minutes
Cook time: 8 hours, 10 minutes
Serves 4 to 6

Ingredients

- 1 lb ground beef
- 2 cloves garlic, minced
- 1 onion, diced
- 1 carrot, diced
- 1 celery stick, diced
- 1 can diced tomatoes (14 oz)
- 1 can chickpeas (14 oz)

- 1 can tomato paste (5.5 oz)
- 1 Tbsp chili powder
- 1 tsp dried oregano
- 1 tsp Worcestershire sauce
- 1 tsp salt
- 1/2 tsp pepper
- 1/4 tsp dried mustard
- 1/4 tsp cinnamon
- Chopped green onion for garnish

Directions

1. Place ground beef in your slow cooker and break it up with a wooden spoon. Add the rest of the ingredients and give the whole thing a big stir to blend.

2. Cook on low for 8 hours. Serve with some chopped green onion for garnish.

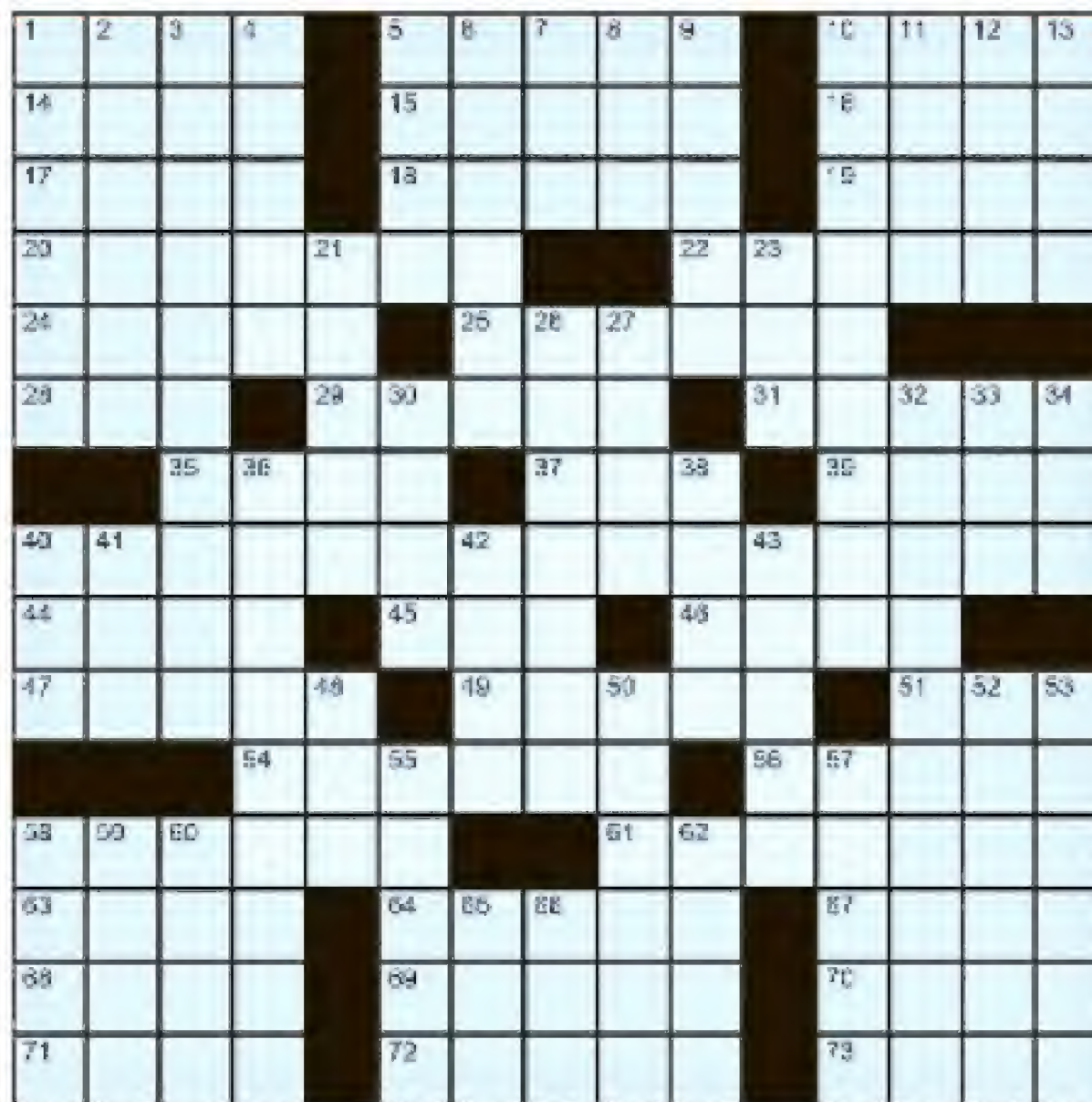
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BY KELLY ANN BUCHANAN

ACROSS

- Come clean, __ up
- Bar, in law
- Bowler feature
- Literary collection [abbr.]
- Steam bath
- Vegas gambling alternative
- Hollywood legend Mr. Grant
- Chapel area
- Poet's preposition
- Wolfgang __ Mozart (b.1756 - d.1791)
- Sinew
- Satan
- Measure
- Yalie
- Matter at hand
- Plucked banjo string sound
- Memo
- Greg to Marcia, for short
- "__ you five dollars that..." (Challenge opener)
- Do this as a border guard at a Canada-USA crossing; 2 wds.
- __ + The Mechanics (80s band)
- Definite article
- Cod-like fish
- Actress, Lara __ Boyle
- "He doesn't know how to 'stay' __ yet, but he understands 'walkie'..." said the new puppy owner to the dog trainer
- Actor Alastair
- Quadrant
- Street in Quebec City, __ Sault-au-Matelot



- Dar es __ (Tanzania city)
- Title of Percy Bysshe Shelley's elegy for John Keats
- Swanky
- Stop driving
- "__" (Response to "How are ya?")
- "And __ and..."

- (Bandleader's counting intro)
- Raring to go
- Prefix to 'phony' (Harsh noise)
- Tinted
- Weaponize again
- Chalcedony variety

DOWN

- Window dressing
- Manicurist's lacquer
- Igor of classical music composing
- British royal, to the press, when she first stepped onto the world stage in the early

- 1980s; 2 wds.
- Old Testament twin
- Dips for tortillas
- King __
- Bird __ Wire (1990)
- Ex __ communications (Legal no-no)
- Canadian canned

- sardines brand
- Rip apart
- Call __ question
- Earth's night light
- Upper crust
- 'He is' in Montreal, Il __
- Bring down/overthrow
- Very dry
- Faction
- Royal Canadian Navy gig; 2 wds.
- Born, bride-style
- Lettered sports cars
- __ sandwich
- "__" (Hey, I just spotted you here)
- Global currency org.
- Nada
- Norse thunder god
- Medical prefix meaning 'Healing'
- Perfume by Cacharel
- Salt __
- Complete nonsense
- Canadian Arctic animal
- Earthy pigment
- Canned brand of Canadian chick peas
- Carangid fish
- Skipper's salute!
- Queue
- 'Lubri' add-on (Skin moisturizer brand)
- Norma __ (1979)
- Palindromic honorific

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a lovely, playful time for Aries! Accept invitations to party. Enjoy romance, entertaining diversions plus playful activities with children.

Taurus April 21 - May 21
Home and family are your primary focus today. Home repairs, plus redecorating projects, are on your mind. However, you might want to just cocoon today.

Gemini May 22 - June 21
Your daily pace is busy with short trips, discussions with everyone and increased reading and writing. Today you feel a strong need to be heard by someone.

Cancer June 22 - July 23
You have moneymaking ideas because you want to boost your income now. However, you also are buying beautiful things for yourself and loved ones. Yes, money is on your mind.

Leo July 24 - Aug. 23
The Sun, the Moon, Mercury and Venus all are in Leo! Yes, you will rule! This is a good day to ask the universe for a favor, because you just might get it.

Virgo Aug. 24 - Sept. 23
You prefer to work alone or behind the scenes today, because you feel somewhat withdrawn. You need a breather from the busyness of everything going on around you. (Gasp!)

Libra Sept. 24 - Oct. 23
This is a popular time for Libras! Enjoy interactions with others, especially in groups. Younger, creative people will appeal to you now

Scorpio Oct. 24 - Nov. 22
You make an excellent impression on bosses, parents and VIPs right now — and you can use this to your advantage. Ask for what you want. Get the approval you need. Try it!

Sagittarius Nov. 23 - Dec. 21
Travel and a chance to get further education or training are easy things for you to accomplish right now. Do anything to break free from your daily, humdrum routine.

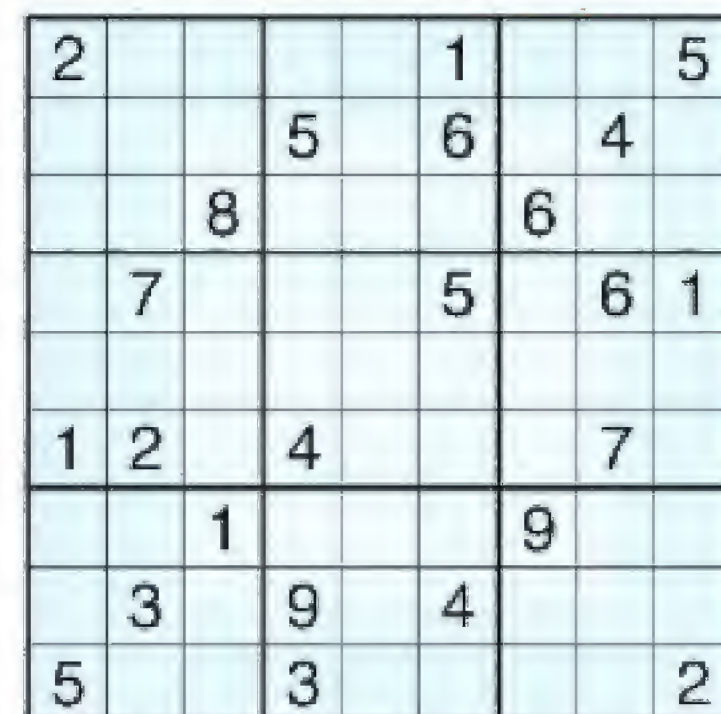
Capricorn Dec. 22 - Jan. 20
This is a good day to ask for a loan or mortgage, because you can benefit from the wealth and resources of others at this time. Today, in particular, the Moon will help you even more so.

Aquarius Jan. 21 - Feb. 19
You have a strong focus now on partners and close friends. Things will flow along easiest today if you compromise with others. Cut someone some slack

Pisces Feb. 20 - March 20
Act on your urge to get better organized, because this will please you. Co-workers are cooperative, that's for sure.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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